



POLLUTION PREVENTION IDEAS FOR YOU

IN YOUR KITCHEN

- ✓ Install a faucet aerator.
- ✓ Use cloth napkins and dish towels instead of paper.
- ✓ Make sure your dishwasher is full before running it.
- ✓ Store food items in reusable containers.
- ✓ Use washable cloth rags instead of paper towels.
- ✓ Buy unbleached coffee filters or buy a reusable one.

IN YOUR LAUNDRY ROOM

- ✓ Make your purchasing dollars count. When shopping for a washer and dryer, buy an energy-efficient, low-water model.
- ✓ Clean the clothes dryer's lint trap after every load.
- ✓ Give your dryer a vacation by hanging your clothes to dry.
- ✓ Use a phosphate-free detergent.
- ✓ Turn down your water heater to 130 degrees Fahrenheit, especially during the summer.

ALL AROUND THE HOUSE

- ✓ Turn off lights and televisions when not in use.
- ✓ Turn your thermostat up when you are out during the day.
- ✓ Replace incandescent light bulbs with energy-efficient fluorescent bulbs.
- ✓ Don't let energy go out the window (or door). Make sure your rooms are well insulated and doors to the outside are not left standing open.
- ✓ Wear appropriate clothing and use either a fan or blanket, depending on the season, before turning up the air conditioner or heater.

IN YOUR BATHROOM

- ✓ Rub-a-dub-dub more quickly. Take shorter showers.
- ✓ Install low-flow showerheads.
- ✓ Use less water when brushing those pearly whites. Turn off the faucet when brushing your teeth.
- ✓ Make your shower do double-duty. Hang clothes in the bathroom while showering to steam out wrinkles.
- ✓ Install a toilet dam in toilets that use more than 1.6 gallons per flush (toilets made before 1992) to reduce the amount of water you flush away.

AT THE GROCERY STORE

- ✓ Consolidate shopping outings; cut down on trips to pick up one forgotten item.
- ✓ Buy grocery items in bulk.
- ✓ When possible, buy organic and local products.
- ✓ Buy items with less packaging.
- ✓ Tote your goods in style. Use canvas bags to carry your groceries.
- ✓ Look for less toxic alternatives when choosing household cleaning products.

IN YOUR YARD

- ✓ Water your lawn in the early morning or in the evening.
- ✓ Xeriscape using water-saving native plants.
- ✓ Leave your grass clippings on the lawn.
- ✓ Compost fruit and vegetable scraps.
- ✓ Mulch your flowerbeds and shrubs.



POLLUTION PREVENTION BEGINS AT HOME

Celebrate National Pollution Prevention Week in September by incorporating some of these tips into your daily routine. You may find they not only save energy, reduce waste, and preserve our natural resources but they may also save you money!

